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disease awareness

## Eye Health Carnival Safety Tips

written by Healthplusthemag | February 18, 2020



The greatest show on earth is almost here again. Did you know that your eyes are considered one of life's greatest gifts?

Here are some tips to protect your eyes this carnival season.

Whether you are on the beach or the road for carnival weekend, sunlight and bright glare can decrease the amount of fun you're having. Fortunately, this issue can be resolved with the use of polarized sunglasses or lenses. These are made with a special chemical to filter sunlight from passing through. You may think of this lens similar to window shades/blinds that only allows a certain amount of light to pass through. They block horizontal light rays which are usually emitted from smooth surfaces including cars and water surfaces. This means that only light rays that approach your eyes vertically can fit through those openings. As a result, the image you see with polarized lenses is a bit darker than usual, but objects look crisper and clearer, and details are easier to see.

The polarised lens offers the following advantages including:

- Improved visual comfort
- Improved contrast
- Visual clarity
- Reduced glare and eye strains

To learn more about the benefits and disadvantages of polarized lenses, talk with your eye care provider.

If you wear spectacles/glasses and are participating in carnival festivities then you should be thinking about contact lenses.

Contact lenses are convenient, hassle-free and you eliminate the risk of your glasses falling, breaking or getting lost. Contact lens



storage is necessary. Similar to your glasses, contact lenses are also now available with transitions, UV and blue light protection. Unlike glasses, contact lenses can also be a short-term commitment as you can ask your optician to order trial lenses for you.

Even without the protection offered by sunglasses, your eyes naturally defend itself from harm. Your eyelashes and tears work together to prevent small particles and debris from getting stuck in the eyes. Lashes usually prevent debris and other small particles from entering the eye while tears rinse out and drain the particles that do get in the eye. Occasionally, a solid object or projectile can adhere to the eye or embed itself below the surface of the eye. If this happens to you during the carnival season you can wash your eyes with saline or purchase an eyewash at the pharmacy. You can also consider using artificial tears for dry or irritable eyes.



Eye care safety is very important and as such the three most important rules to follow are:

1. Wear sunglasses
2. Remove all eye makeup and glitter before going to bed
3. Never touch your eyes with dirty hands. For any further information contact us at Trinidad Eye Hospital.

<https://trinidadeyehospital.org/>

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